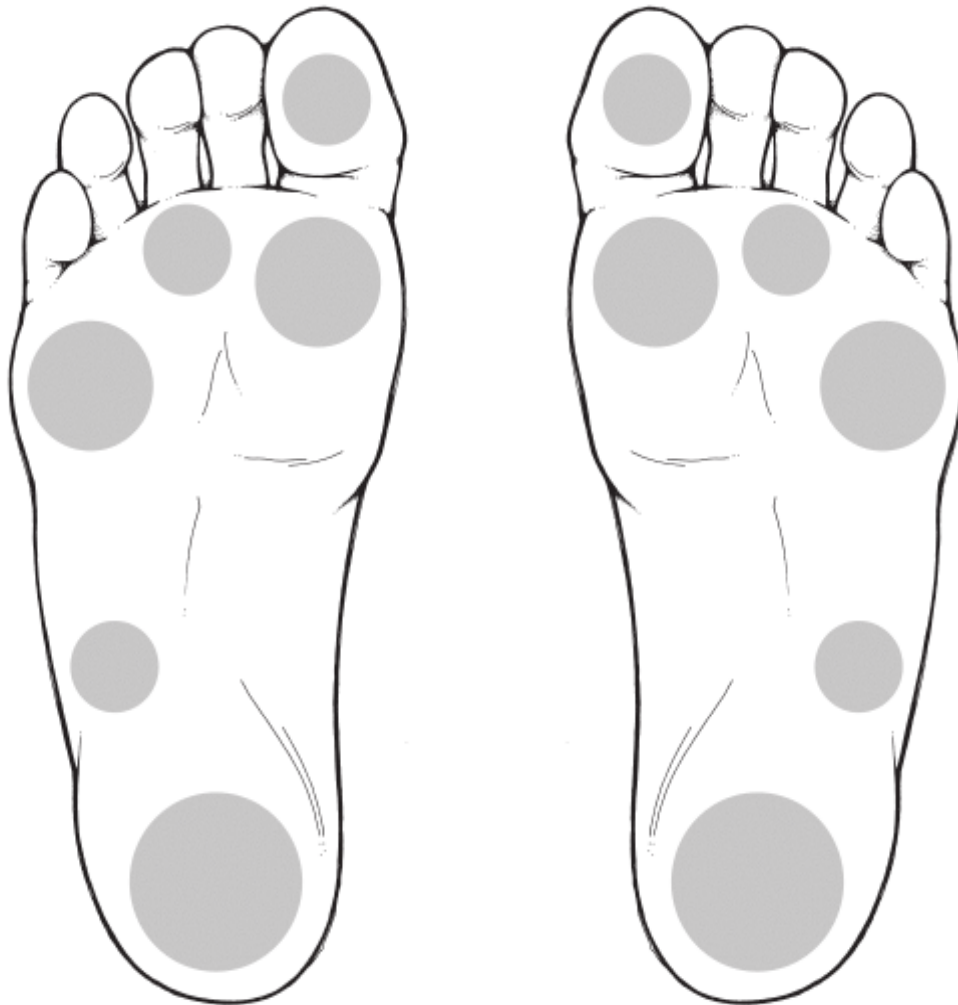


Instructions: Place a ✓ on the days you check your feet. Put an X on the foot picture on any area that bothered you. Write out any comments (for example, "hurt after walking").

Specific Instructions:

Foot Care



Month:		
Date	✓	Comments
1		
2		
3		
4		
5		
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Instructions: When cutting your toenails, they should look like this

Specific Instructions:

Cutting Your Toenails

